

Cooking with Dried Potatoes



Dried potatoes are uncooked potatoes with most of the water removed. They are a great source of vitamin C, which we need to stay healthy.

A serving size of cooked potatoes is $\frac{1}{2}$ cup.

Uses

Cooked potatoes make a tasty vegetable dish. For added flavor, you can add salt and pepper along with small amounts of grated cheese, margarine or butter.

Be careful: Adding large amounts of cheese, butter or margarine can turn a low-fat vegetable, such as potatoes, into a high-fat dish.

How to store them

Store packages of dried potatoes in a cool, dry, place. After the package is opened, store the potatoes in an airtight container.

Store cooked potatoes in a covered dish in the refrigerator. Use within 3 days.

How to prepare them

To make four $\frac{1}{2}$ -cup servings of potatoes, you will need:

2 cups water

2 cups dried potatoes

1 medium-sized saucepan

Directions: Bring the water to a boil. Add the dried potatoes. Cook them on low heat for 20 minutes or until they are tender. Drain any excess water from the potatoes.

Note: If you are using dried potatoes in recipes that must be cooked longer after you add the potatoes, cook the potatoes for only 15 minutes.

Potato Soup (makes 4 servings, 1 cup each)

What you need

2 tablespoons butter or margarine

1 small onion, chopped

$\frac{1}{4}$ cup chopped celery (if you like)

4 cups milk

8-ounce can whole kernel corn (if you like)

1 cup potato flakes

Salt and pepper (to taste)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Melt the butter or margarine in a large saucepan.
3. Add the onion and celery, cook them until they are soft.
4. Add the milk and whole kernel corn and stir.
5. Heat the milk, onion and celery until the milk is hot but not boiling.
6. Turn off the heat and add the potato flakes until the soup is as thick as you like.
7. Add salt and pepper.

Prepared by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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Revision